

# k-state finals GUIDE





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 20 Sports-caster Albert  
 22 Pair  
 23 Cushiony  
 27 Picks out of a lineup  
 29 Trial VIP  
 31 Aplomb  
 34 Big name in Chicago politics  
 35 Trial VIPs  
 37 With 56-Across, daughter's hubby  
 38 Celebrity  
 39 Butter serving

**41** Manhattan deli eponym  
**45** Bulgaria's capital  
**47** "Evita" role  
**48** Trial VIP  
**52** Mischief  
**53** Conversation starter  
**54** 1970s radical grp.  
**55** Mess up  
**56** See 37-Across  
**57** That girl  
**58** Genetic evidence

**DOWN**  
 1 My brothel's keeper?  
 2 Bakery lure  
**Solution time: 25 mins.**

A	S	H	S	P	E	D	B	A	R	D
C	P	A	H	I	L	O	A	L	I	E
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**Yesterday's answer 5-9**

1	2	3		4	5	6		7	8	9	10	11
12				13				14				
15				16				17				
18				19								
20			21		22				23	24	25	26
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48	49	50	51							52		
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56								57			58	

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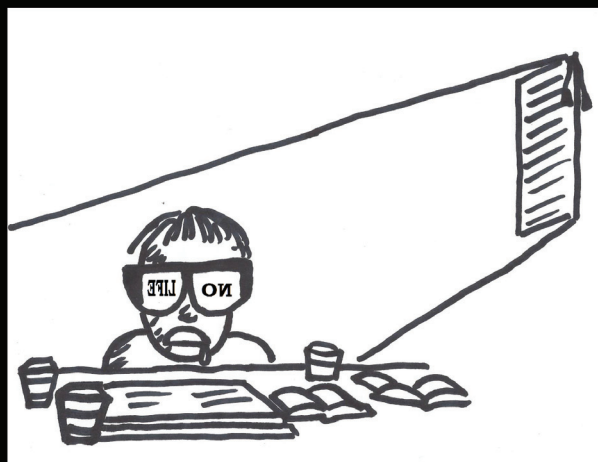
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# Life of Gannon | By Gannon Huiting

## Life This Week.



## 5-9 CRYPTOQUIP

V R M J Z I J R G A G X I J X V  
 K V X M J Z R T B S V G A M G A C Q R V  
 E Q C R T B B Q R S J V M K Q X X,  
 G M ' B B E J I G X X S I V C A T K Q S T X.  
**Yesterday's Cryptoquip:** COMING FROM A CERTAIN AFRICAN COUNTRY, COULD YOU CALL THAT LONG-HAIRED GOAT AN ANGOLA ANGORA?

Today's Cryptoquip Clue: B equals L

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# Finals week by the numbers

By JENA SAUBER  
THE COLLEGIAN

## 3.4

The average number of hours per day the typical college student spends on "educational activities," according to the Bureau of Labor Statistics.

## 6

The time of evening when the brain functions best. It lasts until about 8 p.m., according to the Harris Health Sleep Disorders Centers. Studying during this time can be advantageous.

## 6

The minimum number of hours caffeine stays in your system after consumption, according to the Harris Health Sleep Disorders Centers. It can stay in your body for up to eight hours, which can make getting sleep once you've finally finished studying difficult.

## 8

The number of hours considered for a "good night sleep" according to the

Sleep and Chronobiology Laboratory at the University of Pennsylvania.

## 14

The number of hours a day college students nationwide study, according to a 2012 study by the University of California. This amount decreased from 24 hours a week since 1961.

## 23

The percent of undergraduate classes at Harvard University that have finals as of 2010, according to the university.

## 24

The number of hours a day Hale Library and the K-State Student Union are open during most of finals week.

## 50

The ideal number of minutes you should study for before taking a short break (think 10 minutes or so), according to Study Guides and Strategies.

## 70

This to 100 minutes is the average length of the first NREM-REM sleep cycle. Later, cycles are between 90 and 120 minutes. Waking up in-between cycles rather than during them helps you wake up refreshed and alert.

## 90-436

The milligram range of caffeine in most coffee, from home brewed brands to the fast food variety.

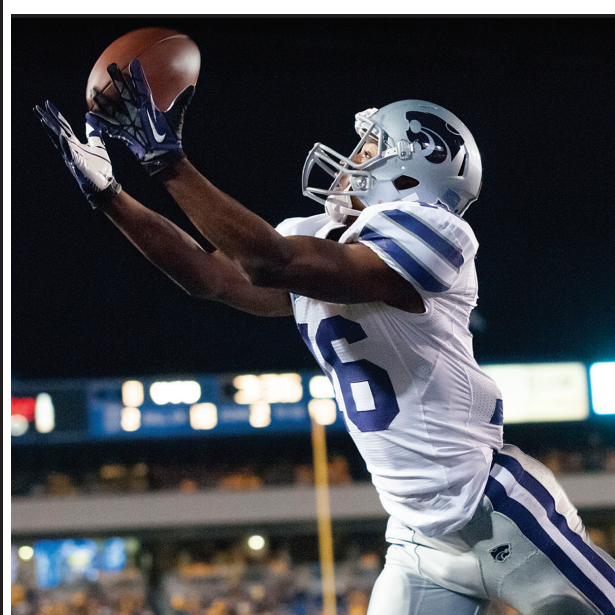
## 7:30

Monday morning, the earliest final for students this spring. Congratulations to the students in Accounting for Investing and Financing, Dynamics and Public Speaking – you are the lucky ones.

## "Adderall" and "studying"

Google searches for these words "sky-rocket" around national fall and spring finals weeks, according to Google.

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the collegian

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Study tips, advice to help effectively prepare for finals week exams

By Kaitlyn Dewell  
The Collegian

When it comes to studying for finals week, there's no tactic too far-fetched. From mnemonic devices to last-minute cramming, many K-State students have perfected their methods to ensure finals week success. When it comes to preparing for final exams, the first step is to create a proper studying environment. For Sarah Stouilil, senior in applied music, that proper environment is "tranquil."

"I'm definitely a person who has to be in a quiet place with the least amount of distractions as possible," Stouilil said. "I don't listen to music, and I don't have people around me. I just seclude myself and study."

Blake Ronnebaum, sophomore in chemical engineering, is similar to Stouilil in that he said he prefers areas with few people around. However, he occasionally enlists the aide of tunes to help with his studying endeavors.

"I like to put my head-

phones in and listen to classical music or jazz," Ronnebaum said. "It really helps me tune out the world and focus on the problems at hand."

Ronnebaum also suggested using more than just the week in advance to gather studying materials.

"Save everything," he said. "Notes, graded homework assignments, graded tests, practice tests - everything. Literally anything related to the course you should save. The graded things help you the most because you can see exactly where you need to make improvements."

When it comes to studying techniques, Jordan Marquess, senior in biology, said variety is key.

"I study with notes, but I also use the text book for clarification," Marquess said. "I use flash cards, and I also use white boards so I can write things out repetitively. That writing out process really helps me remember."

Marquess added it's important not to just memorize your study guide.

"Being able to absorb what the material means instead of just what's written on the teacher's slides really helps," she said. "Understand how you best absorb information. Knowing if you like to learn visually or if you need to hear it is really important."

Allowing yourself ample time to completely comprehend the material is important as well. Stouilil said she uses a method which requires a minimum of four days to ensure she knows it inside and out.

"I take notes from whatever text I have before we go over it in class," Stouilil said. "I also take notes in class, but use a different color of pen to differentiate what was spoken in class versus what was said in the book. Then, I type them up, so at that point I've gone through them twice. After I've printed them, I cross off the things I know I don't need to study again, and I go through and highlight the things I know I'm going to need to look over again. So the day of the test, I can just go through the highlighted stuff."

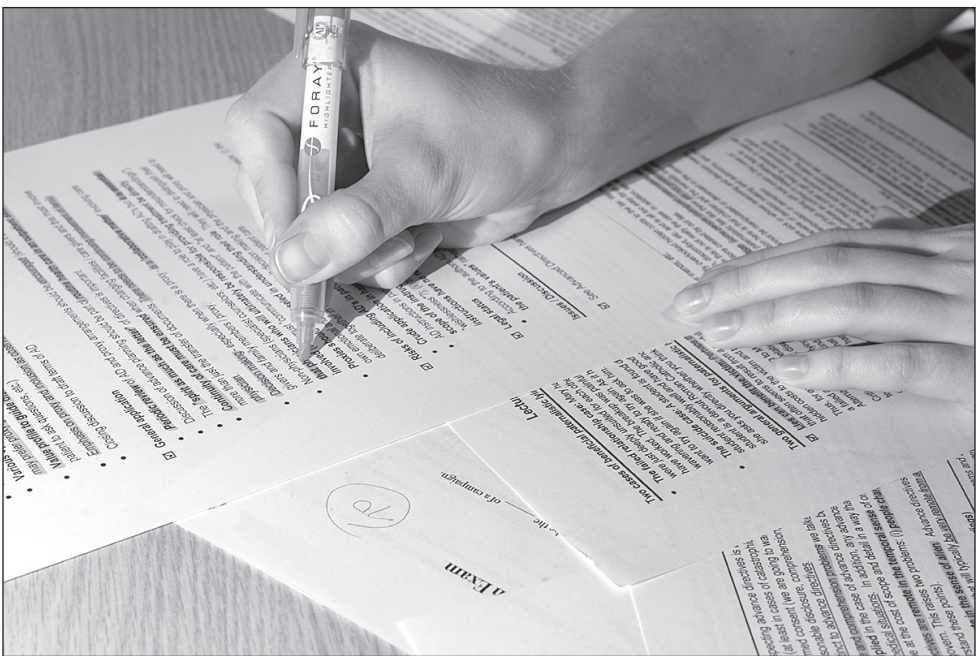


PHOTO ILLUSTRATION BY HANNAH HUNSINGER | THE COLLEGIAN  
Going over old tests and highlighting key points are good ways to prepare for final exams.

Stouilil said time management is key when it comes to studying, especially when students have multiple tests on the same day. She recommends mapping out finals week in its entirety, then backing up each test with at least four days of studying. However, this extends to six or seven days if two or more exams scheduled for the same date.

No matter how hectic finals week is, utilizing these tips and tricks can help anyone manage their way through one last set of exams to finish out the semester.

Successful finals week studying sessions require superlative study spaces

By Scotland Preston  
The Collegian

With finals week quickly approaching, students will begin searching for a place to prepare for their week of tests.

Hale Library is often a popular study spot on campus, especially during finals week. With floors one and three designated as "quiet zones," and

floors two and four used for group study, there is an atmosphere for everyone.

Zach Bishop, junior in computer engineering, said Hale is his favorite spot to study.

"When everyone else is studying, it puts you in that mindset," Bishop said.

Austin White, senior in electrical engineering, said he also usually studies at Hale because there is a lot more

space, even though it gets pretty crowded during finals week.

White said the library is a good place if students want to take a break, too, because they can go downstairs to Einstein Bros. Bagels and grab something to eat.

"If I'm just at home, I will end up just taking a break the whole day," White said.

Extended hours  
Hale has extended hours

during dead and finals weeks; it will be open 24 hours May 9-15 and closes at 6 p.m. on May 16

The School of Leadership Studies building will also open its doors to students looking for a different study location. Starting May 11 at noon, the building will be open 24 hours until 5 p.m. on May 16. Radina's Coffeeshop will not have extended hours.

Addison Shaw, senior in computer science, said if he's on campus, he prefers to study in Nichols Hall because "it's best to study where your major is."

The K-State Libraries have branch locations across campus, from the Fiedler Engineering Library in Fiedler Hall to the Veterinary Medical Library in Trotter Hall. The branch libraries have resources and study areas specifically designed for students in the academic program housed in the building.

Students may also choose their study location based on the task they need to get done.

"I like Hale for papers," Shaw said. "All my papers get done better in Hale, but there's too much going on to focus on math or a program-

ming project."

If Shaw isn't on campus, he said he likes studying in his room the best.

Holly McClarin, sophomore in English, said she just studies in her room because it is a nice environment that has a sense of familiarity and comfort. She said she does not plan to do anything different for finals week.

Wherever students choose to study, the consensus is that the best place to study is where the student is most comfortable and most likely to get the greatest amount of work accomplished.



Taylor Alderman | The Collegian  
Genevieve Vetten, junior in mechanical engineering, and Michael Harris, junior in pre-law and entrepreneurship, study outside of the School of Leadership Studies building. There are numerous locations available on and off campus for studying during finals week.

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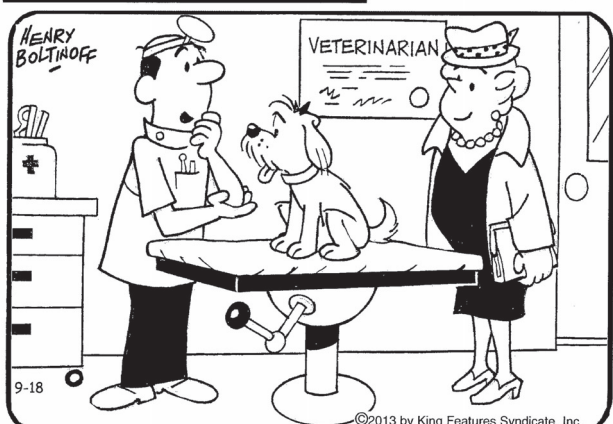
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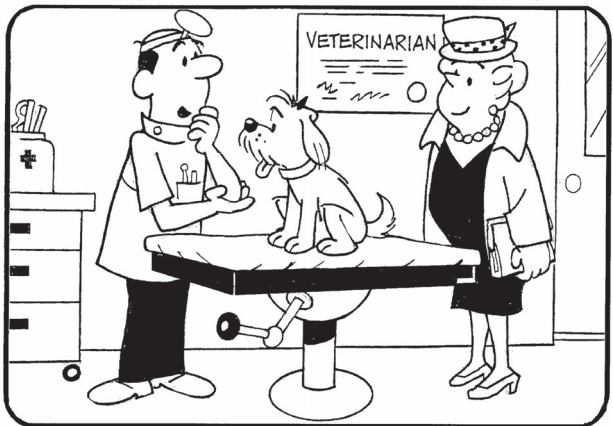
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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



## WORD SLEUTH

WORDS FOUND IN "PATRIOT'S DAY"

U N J F C Y V R O L H E B X U  
R O L I E B Y V S Q N T K H E  
B Y W T R O L J Y G S E B Y W  
U A R P N K I R G I D B Z X V  
S R D O S Q A O P M K I G E C  
A T Y O I I A Y W U S Q R P S  
N I I L P D T J D H F E O C D  
A S Y A X I A V U O S Q T P I  
N T M K R T R R J Y R T S A P  
Y T S A O T T T H F E A A C A  
B Z P Y X O S V Y T R O P S R

Tuesday's unlisted clue: WHOA

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally. Wednesday's unlisted clue hint: A BEE HOUSE

Artist  
Ditto  
Parity  
Parody

Pastor  
Pastry  
Radio  
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9/11

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by Terry Stickels

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$$X = ?$$

- A) -3  
B) 2.37  
C) 3  
D) 16

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9/11

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	0					1	0	1
							1	0
	0	0	1	0		0	1	1
0		1	0	1	0		0	1
1								0
1	1		1			1	0	1
		1		1	1		1	1
	1	0		0			0	
1	1							

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**Graduation Guide**  
Wednesday, May 7



# Give it a break: research, students speak to necessity of taking study breaks

By KAITLYN DEWELL  
THE COLLEGIAN

The grind of constant studying during finals week is not only monotonous, but can cause serious mental and physical stress and exhaustion for students. Finding fun and relaxing ways to take a break from the books can not only make finals a more enjoyable and manageable experience, but can even improve students' chances of retaining necessary information.

According to a Feb. 9, 2011 Psych Central article by Rick Nauert, it is beneficial to take a break from studying every once and a while – even when the amount of material to learn is overwhelming.

Scientists say a brief distraction from tasks can dramatically improve the ability to focus on that task for prolonged periods of time, due to the fact that repetitive tasks can cause mental fatigue and loss of focus. By taking a quick vacation from test-prep, students can be even more efficient with their studying endeavors and for longer periods of time.

So, what should a student do during study breaks to help their mind take a rest? According to many other students, just about any activity will suffice. Like for Luke Schnefke, junior in mechanical engineering, he

said he prefers taking physical breaks to help alleviate mental stress.

"I've actually gone bowling every single finals week since I've been at K-State with some of my fraternity brothers," Schnefke said. "Some-

times, I'll play golf, too. And, one time, a friend and I even went to Wal-Mart for a study break and bought socks."

Schnefke's flare for study break variety is shared by others as well, including Morgan Mobley, freshman in pre-jour-

nalism and mass communications. Mobley said she enjoys getting creative in Hale Library after she's been cooped up for several hours.

"Last semester, a friend and I spent all night in Hale and were studying until about

3 a.m.," Mobley said. "So, we started doing gymnastics down the hallways, and even had a dance party. That definitely helped us release some stress."

Mobley said some of her other favorite stress-relievers include going for a run, grab-

bing ice cream with friends, or getting Sonic drinks and going for a drive around town with loud music.

Ben Harstine, senior in public health nutrition, said he uses a carefully calculated ratio of studying to break time to help ensure he absorbs as much information as possible prior to an exam.

"If you look at research about how students learn best, a lot of it shows a cycle of practice, test and rest," Harstine said. "I try to do about 30-45 minutes of studying to learn and memorize information. Then, I do a quick evaluation of what I learned, and then I'll rest for another 10-15 minutes."

When it comes to activities, Harstine said he enjoys everything from taking a late night walk with study buddies to playing a game of hide-and-seek in the library.

"All of the things I enjoy doing on breaks are things I love to do with other people," Harstine said. "It's nice to get people together and talk about anything other than school. It's a trick my friends and I have picked up over the course of college."

K-State Counseling Services will have a booth in the K-State Student Union during finals week to provide students with studying tips and tricks, as well as ways to manage stress.



PHOTO ILLUSTRATION BY TAYLOR ALDERMAN | THE COLLEGIAN

Research shows that taking study breaks improves the ability to absorb information. An activity that some students do as a study break is playing hide-and-seek in Hale Library.

## Easy ways to manage time, sanity during stressful finals week

By ARIEL CROCKETT  
THE COLLEGIAN

Finals examinations are often equally the most stressful and most comforting time of the year for students.

It can be stressful in the sense that, metaphorically, it is the "last hurrah," or last ditch effort for students to get their desired grade. However, it's comforting because the semester is over and summer break is literally weeks away.

One of many students' biggest obstacles during finals week is time management-finding that balance between completing coursework and finding time to study for all of the finals could crack even the toughest of students.

Katie Edgar, sophomore in theater, has three finals this year and said she collaborates with her peers when it comes time to study.

"I lay out time, including scheduling time, making a mini-schedule and collaborating with my peers," Edgar said.

Cody LaCrone, sophomore in theater, has five finals this semester. He said that although he probably doesn't have the best tactic when it comes to time management during finals week, he does what works for him.

"Well, what I do is I go by the (class') units," LaCrone said. "So, I'll do like one unit per day, and then I'll play video games or watch TV."

LaCrone said he typically starts his studying about a

week before his finals because he likes to procrastinate. He said procrastinating throughout the semester forces him not to put things off anymore than it already has when it comes to finals week.

"I put more focus into the classes I know I didn't do well in, like math, specifically," LaCrone said. "If you're gonna study for all your classes, I would study the classes you know well (first) and study the most for the classes you haven't done well in."

LaCrone said he tried studying the opposite way his freshman year, studying hardest what he knew and least what he didn't and it backfired.

According to fastweb.com, small steps like creating a study guide, prioritizing, attending the review session and asking questions are just a few of the steps students can take towards proactively approaching their finals.

Students can also capitalize on time management when it comes to studying for finals by starting their days earlier. In doing this, students can study with a clearer head and a fresher mind. When students put themselves on an earlier sleep schedule, it also allows them to feel more rested and accomplish more studying.

Kasey Dunlap, sophomore in music education, said she has seven finals this semester and works best with structure.

"I make to-do lists, that's how I prioritize things and then I know what I need to study for," Dunlap said.

## Seniors share academic advice, opinions on exams

By KAITLYN DEWELL  
THE COLLEGIAN

With yet another class of seniors ready to be on their way to post-college life, the only thing standing between them and their diploma is one last finals week.

After at least seven semesters of finals, many of these upperclassmen have acquired a long list of do's and don'ts when it comes to a successful bout of exams. From studying tips to stress relievers, K-State seniors offer their best advice for those who are still discovering the ins and outs of finals week.

### Joey Boos

Joey Boos, senior in theater, has learned a thing or two when it comes to handling stress during final exams throughout his four years.

"I got stressed out very easily, so I need to take quite a few study breaks," Boos said. "I'm a very social person, so the best thing for me is just going to hang out with friends. Sometimes, watching a little bit of Netflix or even just belting out a song in my room can help relax me."

Boos' biggest piece of advice for underclassmen as they prepare for finals is time management.

"I would say stay organized," Boos said. "I know for me, that was one thing I struggled with, especially starting out. Between classes and work and extracurricular activities, it helps to find a good amount of time every day that works in your schedule so you can just sit and work on all the stuff that needs to get done."

Boos added that one of his favorite tricks is studying in the library, as it's full of quiet space and resources to help students be more efficient.

When it comes to taking finals as the be-all and end-all of one's academic career, Boos said it's not worth getting too worked up.

"Finals aren't all that important, especially in the long run," he said. "But, I also think it depends on the class. For some classes, it's important to have a final to wrap everything up, but I think for a lot of classes, the final is just there to have a final."

Boos said he is experiencing mixed emotions as he approaches his final finals week.

"I have days where I'm super excited to graduate, and I have days where I get really sad about leaving K-State and Manhattan," he said. "I'm definitely going to miss this place."

### Jeanette LaFreniere

As she prepares to enter medical school in the fall, Jeanette LaFreniere, senior in biology, said she is more than ready for her last undergraduate finals week.

"I'm kind of excited, because I know this is going to be way easier than medical school," LaFreniere said. "I'm also really excited to not have a Friday final ever again, because I've had one every semester since I started college."

Thanks to her extensive courses in science, LaFreniere said she has learned to manage her finals week through careful planning of study time.

"Look at your week and

put together a plan of what finals you need to study for on which days," she said. "A lot of times, you can wait until Tuesday or Wednesday to start studying for a Friday final."

LaFreniere said she experienced her most stressful finals week spring semester of her sophomore year as she was preparing to study abroad for the summer.

"I was trying to prepare to go to Spain, and I had four finals that week," she said. "I started getting stressed, but then I realized I could use my study breaks to look at where I was going to be in Spain, which helped me forget about finals for a little bit."

LaFreniere also recommends taking walks with friends or participating in on-campus events to help de-stress during exams.

Contrary to Boos, LaFreniere said she feels finals are a very important element of academics.

"Finals very much matter," she said. "They can make or break your grades. Especially when you're pursuing something like a medical degree, grades are going to be a large part of what gets you there."

### Tyler Johnson

"My biggest piece of advice is to make your study guides early," Tyler Johnson, senior in marketing, said. "A lot of students reserve time to study, but then they're making their study guides during that time, so they're sort of working on something they could have done ahead of time because they already had that material."

Throughout his college experience, Johnson has had many stressful finals weeks, but maintains that his most difficult test was his final exam for Finance 450.

"I thought it was going to be the absolute end of my existence," he said. "It's funny, because I was doing well in the class, but for some reason I was like, 'Am I going to come out of this alive?' But, I did the proper amount of preparation and studied for about three or four hours per day the five days leading up to the test, and I got an A."

As far as whether or not finals really matter, Johnson said it's most important to keep your overall performance in the class in mind.

"They matter if you're someone who only cares about your grade," Johnson said. "I think it's important not to let your performance on the final determine the value of what you learned in the class. It sounds cliché, but I really like learning. So if the grade doesn't reflect that to a tee, it doesn't mean you weren't successful."

As he prepares to wrap up his college career, Johnson said it feels good to know he's almost completely done with finals.

"It feels like it's a cool accomplishment," Johnson said. "I survived several finals weeks during college, and I had no clue what I was getting myself into from the beginning. But I learned a lot along the way. Getting through finals week is one of those 'hoorah' moments where you kind of pat yourself on the back and you're like, 'That was awful, but I did it.'"

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# Sleepless finals week cap to challenging semester for some students

By SCOTLAND PRESTON  
THE COLLEGIAN

Sleep. It's one thing that many college students can't seem to get enough of.

Though everyone needs a different amount of sleep, it is suggested that adults in their 20s sleep eight to nine hours a night. College students nationally average only six to seven hours. With finals and the end of the semester quickly approaching, even six hours may seem far from possible to many students.

"My sleep deprivation gradually builds throughout the semester," Isaac Stallbaum, senior in fine arts, said.

Stallbaum said the extra hours he spends awake normally come at night, since he isn't a morning person.

Talia Timler, senior in fine arts, said she also gets less sleep as the semester comes to an end.

"I normally end up pulling a few all-nighters, which usually doesn't happen," Timler said.

According to howstuffworks.com, if students miss out on a few hours of sleep, they might be irritable, moody and have difficulty focusing. However, with increased loss of sleep, slowed speech and impaired memory can occur. Sleep restores energy in the body for a stronger immune system to fight off the flu and



**Morgan Wedekind**, freshman in open option, and **Magnus Scott**, sophomore in social work, fall asleep while studying for finals in Hale Library with **Logan Smith**, junior in psychology. Student's sleep habits can change finals week, as they try to cram for final exams.

GEORGE WALKER | THE COLLEGIAN

other illnesses.

"For me, it's more studio work, since I'm a metalsmith-

ing major," Timler said. "So, I think the lack of sleep affects me, because I can see it in my

work."

Researchers are also looking into data that might

suggest that getting too little sleep can lead to health problems such as high blood

pressure, heart disease and obesity.

The problem they are studying is that human bodies are in a permanent state of alertness without enough sleep, which increases stress hormones. In addition to stress hormones, the body's appetite hormones get thrown off, causing a greater risk for obesity.

Some students end up napping during the day to make up for lost sleep.

Hourlong power naps have been proven by the National Institute of Health to improve performance. During sleep, the brain is able to store the information that is currently in its memory. Therefore, if students take an hour long nap as a study break, the brain will store the material it's been studying and allow them to have a clear mind for more information.

Jacob Jordan, junior in history, said he gets more sleep during finals week than any other week during the year. Before finals and dead week, Jordan spends many hours at the library each day. However, with no homework assignments during finals week, Jordan said he finds himself with less work to do.

"Normally by finals, I've just given up and have no motivation," Jordan said. "I never cram so if I don't know it by then, there's no point in trying to learn it in 24 hours."

## Fruits, vegetables top the list of most recommended snacks for finals week

By OSCAR RAMOS  
THE COLLEGIAN

It is that time of the year. Finals are quickly making their way here, and students do not want to be unprepared for them. One way to be prepared is to have the best snacks prepared for finals week fueling.

Tandalayo Kidd, associate professor in human nutrition, said there are different snacks students may find beneficial during finals week.

"If you like crunchy foods, (you'll probably enjoy) getting baby carrots, freezing some grapes, even getting fresh veggies such as broccoli, cauliflower, green, orange, and yellow bell peppers, sliced cucumbers, grape tomatoes," Kidd said. "Those are food items that are easily transportable. You can put them in a bowl, and you can just kind of dish out whatever amount you want to eat."

The U.S. Department of Agriculture recommends people ages 19-30 years old to eat a minimum of 2 cups of fruits and 2 1/2 cups of vegetables. Fruits and vegetables have many benefits, especially during high stress times like finals week. According to Live Strong, fruits and vegetables contain between 74-96 percent water, which helps students and others stay hydrated.

"You can also make you some trail mix, made of nuts, of course, if you are not allergic to nuts, (and) dried fruits," Kidd said. "If you want some chocolate, dark chocolate is better than milk chocolate because of the phytochemicals in dark chocolate. You can use some whole grain cereals to put in there like rolled oats or Cheerios, or even use in like wheat Chex. If you are going to use some grain products, you should use whole grain."

Phytochemicals and whole grains are the key words to proper snack nutrition, Kidd said. According to the American Cancer Society, "phytochemicals" mainly describes compounds naturally occurring in plants that may affect human health. Dark chocolate contains a subgroup of phytochemicals known as flavonoids that act as antioxidants in the human

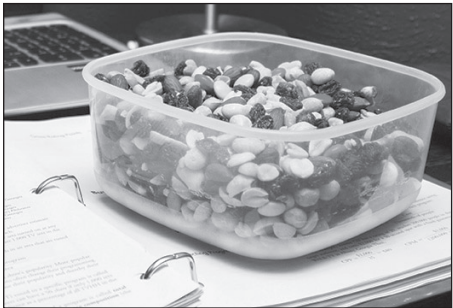


PHOTO ILLUSTRATION BY MASON SWENSON | THE COLLEGIAN

Tandalayo Kidd, associate professor in human nutrition, suggests trail mix as a good study-snack option for students.

body.

The American Association of Cereal Chemists defines whole grains as "consisting of the intact, ground, cracked, or flaked caryopsis (fruit or kernel) of the grain whose principal components, the starchy endosperm, germ, and bran, are present in the same relative proportions as they exist in the intact grain."

"Some people like granola bars," Kidd said. "We cannot get away from that. That's fine, but just kind of read the ingredient list. Sugar should not be the first ingredient listed."

Bars or other foods that have added sugars, sugars that are not naturally occurring in foods, are a concern nowadays because they can cause a sugar crash or sudden fatigue. Kidd said they can also push people into mindless eating.

"You feel sluggish sometimes, and when that happens, you feel the desire to eat a few more cookies, because you are trying to maintain the alertness," Kidd said.

Kidd said that though she recommends whole grain and protein bars, she is aware that students will indulge on energy drinks as an alternative to snacking.

"People drinking energy drinks need to be careful because (...) they probably have some stimulating things like caffeine," Kidd said. "Also, they are sugar sweetened. Those are calories you really don't need, because you are not burning them."

## Students offer favorite recipes, advice to keep fueled up during finals week

By KAITLYN DEWELL  
THE COLLEGIAN

When it comes to a hectic week of cramming, exams and wrapping up another academic semester, the last thing many students want to worry about is spending precious study time making meals.

While food is obviously an important element in fueling these end-of-the-semester activities, students often sacrifice nutritional value, and even full meals, in lieu of extra minutes studying or a little extra sleep. However, there are a multitude of fast, easy and even healthy options students can utilize for a quick lunch or dinner during finals week chaos.

Kassie Curran, graduate student in agricultural economics, said one of her favorite go-to meals during a busy week is wraps.

"I like to make anything in a tortilla," she said. "If I have eggs, I can fry them and add cheese and salsa. Or, if I'm packing lunch, I'll put lunch meat and cheese and mustard in a tortilla. It's fast and easy, and because you can put whatever you want in them, you can get your protein and carbs and everything for nutritional value."

Another great use for tortillas is creating a quick pizza for dinner. Start with a tortilla of choice and top with 1/4 cup pizza sauce, 1/4 cup shredded mozzarella cheese and favorite pizza garnishes. Bake in the oven at 425 degrees for 7-10

minutes, or until the tortilla is crispy and the cheese is melted.

Occasionally, it's easier to buy pre-made meals instead of taking the time to prepare food from scratch, but that doesn't mean students have to sacrifice nutrition for convenience.

"I buy a lot of Amy's (Kitchen) organic frozen burritos or canned soup, in case I'm in a hurry at lunch," Levi Kuhn, senior in marketing, said.

Kuhn said he doesn't usually like to eat pre-made food, but when he does, his choices tend to be on the healthier side.

However, when it comes to cooking up his own creations, Kuhn said he's a big fan of paninis.

"I have a panini press, so I like to make them with pepper jack cheese and ham and whole-grain Dijon mustard," Kuhn said. "It takes 15 minutes tops, and you just have to cook it until the bread is toasted and the cheese melts."

For those who don't have a panini press, Kuhn said it's just as easy to cook them in a pan, similar to a grilled cheese sandwich. He said he prefers using

olive oil instead of butter.

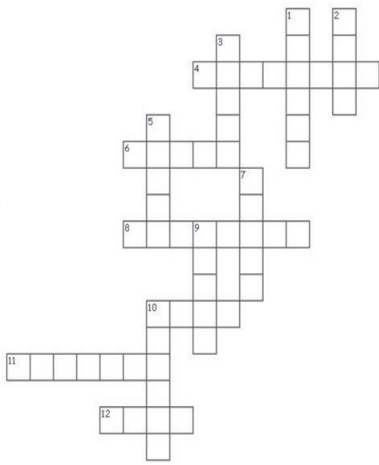
If students are really looking to invest in nutrition during finals week, Kirsten Sooter, senior in public health nutrition, said there are plenty of options.

"A peanut butter and jelly sandwich on wheat bread can go a long way," Sooter said. "It provides essential nutrients and is a complete protein that will give you lasting energy. You can also prepare pastas, like spaghetti and meatballs, the weekend before and stash them in containers for a quick, heat-and-eat meal."

Sooter also said she recommends filling your refrigerator with vegetables and fruits, like carrots, apples, celery and bananas, which can be taken for quick on-the-go snacks. They contain vitamins and fiber to keep your mind awake during long periods of studying.

With a little creativity and even less time, students can create a quick and healthy meal that not only help them power through the last few days of the semester, but keep their stomachs full in the process as well.

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# Ways to celebrate end of finals week, semester with fun, safe activities

BY KAITLYN DEWELL  
THE COLLEGIAN

The end of finals week means different things to everyone. For some, it marks the end of a successful year of college. For others, it signifies the beginning of a new life post-graduation.

Regardless of its significance, the end of final exams is almost always reason enough to celebrate. However, how K-Staters revel in their post-academic glory is almost as diverse as the reasons behind the celebration itself.

For Melanie Riordan, freshman in pre-psychology, finishing finals week will give her an excuse to relax for a while with friends, and even longer at home with her family.

"Last semester, my friends from my floor and I went to Mr. K's for cookie bakes after finals were over," Riordan said. "This semester, I told my roommate we should go to the Konza after we're both finished, but then I'm just going to go home and sleep for a very, very long time."

Katie Bourk, junior in public relations, echoed Riordan's relaxation plans, but added that she's excited to get back in the social scene once her semester is through.

"I think I always have two options when it comes to celebrating finals week – laying in bed and watching Netflix for a couple of days or hitting the 'Ville,'" Bourk said. "The pro of Netflix time is that I'm so sleep deprived by the time I get out of school that nothing sounds better than sleep and my pillow. But, at the same time, I've also been deprived of interaction with the

human world, so going out with friends is always a good option to forget the week before."

Bourk said she also feels it is important to take time for

**"If you do finals week right, you need some kind of celebration."**

KATIE BOURK  
JUNIOR, PUBLIC RELATIONS

yourself as well as to celebrate after final exams, regardless of your style.

"If you do finals week right, you need some kind of celebration," Bourk said. "You don't do anything except school for a couple of weeks, so when you finally don't have to think about school anymore, you should definitely take advantage of it."

Sara Schifferdecker, senior in agricultural education, said she is planning on using her post-finals time to catch up with her friends who are graduating.

"I'm kind of known for sticking around even when I don't have finals going on," Schifferdecker said. "My last final is on Monday this semester, so I'll be celebrating before most of my friends. Finals week is actually one of my favorite times of the semester, though, because no one has any other obligations besides studying, so sometimes I make a bucket list for finals week to help me celebrate."

In the past, Schifferdecker's "Finals Week Bucket List" has included activities like getting breakfast at The

Chef with friends, grabbing dinner or even having a movie marathon.

She maintained the importance of properly celebrating finals week, but for slightly different reasons.

"Finishing finals week is a big accomplishment, even if you don't have a lot of tests," Schifferdecker said. "But, it's also a good time to hang out with your friends and celebrate the last bit of time you have together. When you think back to your last times at school, if your last memories are of finals, that's no good. It's best to have memories with friends."

PHOTO ILLUSTRATION BY  
GEORGE WALKER | THE COLLEGIAN  
Sleep, food, Netflix and wine are all ways students celebrate the end of finals.



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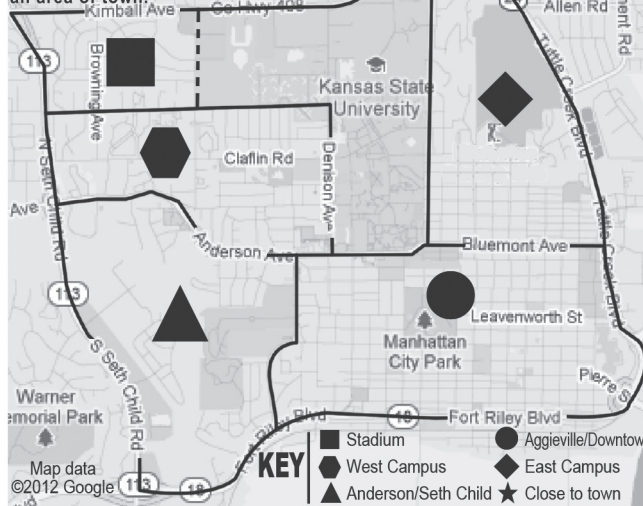
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**MYPRIMEPLACE.COM.** One, two, three and four-bedroom apartments. Pet friendly, next to KSU and Aggieville, all bills paid. Washer/ dryer in apartment. Granite and stainless steel. **785-537-2096.**

**NOW LEASING for August** one, two, three, and four-bedroom apartments. Close to campus and Aggieville. **785-539-5800. www.somersetgmtco.com**

### 110

Rent-Apt. Unfurnished

**ONE-BEDROOM** 2nd floor apartment close to campus. Cozy with hardwood floors. \$650/ mo. June lease. Emerald Property Management 587-9000

**ONE-BEDROOM** apartments across the street from campus with on-site laundry. \$550/ mo. August lease. Emerald Property Management 587-9000

**ONE-BEDROOM** apartments in tri-plex close to downtown & shopping. On-site laundry & off-street parking. \$490/ mo. August or June lease. Emerald Property Management 587-9000

**STUDIO APARTMENTS** one block from campus. Attractive units, ample parking, quiet conditions. Available June. \$385. 785-776-3624 Leave message.

**ONE, TWO, three, four, and five-bedroom apartments** available June 1 and August 1. Close to campus. Please call 785-456-5329.

**TWO-BEDROOM** apartment. Close to campus or city library. Dishwasher, laundry facilities, 1530 McCain. \$750-765. 714 & 716 Humboldt \$700-715, no pets. 785-539-0866. ♦♦

**TWO-BEDROOM** apartments across the street from campus with on-site laundry. \$660-680/ mo. August & June lease. Emerald Property Management 587-9000

### 110

Rent-Apt. Unfurnished

**TWO-BEDROOM** Remodeled apartment close to Aggieville with all appliances. Tenant pays only electric. \$875/ mo July 18th lease. Emerald Property Management 587-9000

**VILLAFAYPROPERTIES.COM.** One two and three bedroom apartments. **Next to campus.** Washer/dryer. No pets. **785-537-7050.**

**WWW.WILKSAPTS.COM** pre-leasing for August. Landlord with compassion has been renting nice energy efficient apartments to fine KSU students for the last 26 years. Rents average \$325 to \$375 a bedroom call 785-776-2102 text only 785-317-4701.

**THE PAVILION** Apartments at **1121 Thurston.** Now leasing. Two-bedroom, two-bathroom. Washer/ dryer, free internet, water and trash included. Close to KSU/ Aggieville. Call Marcie, **913-269-8142.** ♦

### 120

Rent-Houses & Duplexes

**1106 POMEROY five-bedroom house.** Two kitchens, two car garage. One block to campus. August lease, \$340/ bedroom. Jeff **785-313-3976.** ♦

**BEST HOUSES/ BEST LOCATIONS!** Three to Eight Bedroom Homes, **ALL** Amenities Pet Friendly For up-to-date listings: RentCenterline.com

**FOUR BEDROOM** Duplex 925 Bluemont two and a half bath, fireplace, laundry hookups, walk in closets and vanity sink in each room no pets/smoking **785-539-0866**

### 120

Rent-Houses & Duplexes

**TWO-BEDROOM** apartment close to Aggieville. Hardwood floors & on-site laundry. \$825/ mo. August Lease **EMERALD PROPERTY** Management 587-9000

**TWO-BEDROOM** condo close to all athletic facilities. Fireplaces & all appliances included. \$1050-1100/ mo. June & August Lease **EMERALD PROPERTY** Management 587-9000

**TWO-BEDROOM** duplex half block from KSU with off-street parking. \$495/ mo. August lease. Emerald Property Management 587-9000

**TWO-BEDROOM** one bath basement apartment, 931 Vattier; August lease, \$650/month includes water, gas and trash; fenced yard, pet friendly: 785-539-4949 ♦

**TWO-BEDROOM** close to KSU campus. Call 785-313-7473.

**TWO-BEDROOM** apartment close to Aggieville. Hardwood floors & on-site laundry. \$825/ mo. August Lease **EMERALD PROPERTY** Management 587-9000

**DON'T MISS! AWE-SOME four huge bedroom,** two bath house with garage. One block to campus. August lease. Doug **785-313-5573.** ♦

### 145

Roommate Wanted

**MALE ROOMMATE-WANTED.** Near Casement and Butterfield. No Pets. No Smoking. August 1st thru July 1st. \$425/ mo. Includes wifi and all utilities. Call Ron (913) 269- 8250.

### 100

Housing/Real Estate

### 105

Rent-Apt. Furnished

**FREE FIRST month!** Now accepting pet! University Crossing two and four-bedrooms, summer and fall leases, fully furnished, individual leasing. Cable, internet, water included. Washer/ dryer in unit, 24 hour facilities, free tanning. Conveniently located near K-State Athletics. Call **TODAY 888-586-4487** or visit **uc.com.**

### 110

Rent-Apt. Unfurnished

**NOW OFFERING** nearly new units two and three Bedrooms. Just a short distance to KSU! All featuring washer & dryers in each apartment. Call Dylan at 785-313-6213 or 785-539-9800 Monday-Friday 9:00-5:00

**FOUNDERS HILL** Apartments. Now leasing for August 2014 - Luxury one, two, three, and four-bedroom apartments. Washer/ dryer, pool, hot tub, fitness center, small pets okay. Firstmanagementinc.-com. 1401 College Ave. 785-539-4600. ♦

**FOUR-BEDROOM,** two bath. Central air. Near campus. Laundry on site. 1838 Anderson. \$1200. 785-537-1746 or 785-539-1545. ♦

### 110

Rent-Apt. Unfurnished

**APM - ONE, TWO, THREE AND FOUR-BEDROOMS** AVAILABLE. Great locations. Call 785-539-2300 Ext. 201. **alliancemhk.com**

**APM - TWO-BEDROOM.** Great locations. Call 785-539-2300 Ext. 201. **alliancemhk.com**

**CAMPUS EAST** Apartments. Now leasing for August 2014. One and two-bedroom. One block from KSU, small pets okay, pool, on-site laundry. Firstmanagementinc.com. Office located 1401 College Ave. 785-539-5911. ♦

**CHASE MANHATTAN** Apartments now leasing for August 5, 2014. Two, three, and four-bedroom apartments. Close to campus, on-site laundry, pool, fitness center, small pets ok. Firstmanagementinc.com, 1409 Chase Place 785-776-3663. ♦

**APARTMENT** FOR rent. 1010 Bluemont #10. \$950/ month Top floor with balcony facing Bluemont. Clean and recently updated. Two-bedroom one bath. Walk-in closet in both bedrooms, and a large built-in desk in one bedroom. Washer and Dryer are included. Off-street parking. It is within easy walking distance to campus and one and one-half blocks from Aggieville. NO SMOKING and NO PETS, one month's rent deposit.

### 110

Rent-Apt. Unfurnished

**GREAT LOCATION!** Spacious three-bedroom, two bath, with washer and dryer, close to KSU and shopping. \$960 per month. Call Irvine Real Estate at 785-539-9800, Monday-Friday 9am- 5pm or Marlene at 785-341-8576 anytime for more details.

**AFFORDABLE KSU** living in two and three-bedroom apartments. Nearly new brick building with an awesome amount of parking. Washer/ dryer in each unit. Owner will pay for KSU parking pass. Can't beat this deal. Irvine Real Estate 785-539-9800.

**ONE-BEDROOM APARTMENT** for rent, available January 1st. two blocks from campus. one half block from Aggieville. Newer building in excellent condition. No pets. Holly 785-313-3136

**ONE-BEDROOM (\$610.00) and two-bedroom (\$710.00) available.** No pets. Quiet complex. Call and compare. Plaza West Apartments 785-539-2649. **www.plazawestapts.com**

**ONE-BEDROOM, \$545 PER MONTH, THE STREET FROM KSU.** Four-bedroom also available (\$1200 per month). Laundry facilities, off-street parking. Available early summer. 785-477-3508 / mkllcproperty@gmail.com

### 110

Rent-Apt. Unfurnished

**THREE BEDROOM,** one and a half bath house on main level available June 1. All appliances included, two nice and big living spaces, and nice back deck. Located at 225 Ridge Dr. (785) 735-4107

**THREE-BEDROOM** apartments one block from campus. Laundry on site, available August 1st. 785-537-7810 or 785-537-2255.

**THREE-BEDROOM,** two bath in newer building. Across the street from city park. Washer/ dryer provided. No pets. June 1. 785-539-9800.

**TWO-BEDROOM** downstairs apartment, 1010 Leavenworth. Washer/ dryer, no pet. Available immediately. Daytime 785-292-4320, nights 785-292-4342

**TWO-BEDROOM** nice apartments with fireplace and personal washer dryer. North of Westloop shopping in quiet area. No pets, smoking, or parties. \$670. 785-770-7061

**WOODWAY APARTMENTS.** New specials for immediate move in. Two-bedroom, two-bathroom, den, three-bedroom, two-bathroom, den and four-bedroom, two-bathroom. Specials starting at \$725.00 per month. 2420 Greenbriar Dr. (across from the stadium). woodway\_apartments@yahoo.com 785-537-7007. ♦

### 110

Rent-Apt. Unfurnished

**LARGE ONE-bedroom** apartments, one block from campus. June lease, no pets. 785-587-5731.

**QUALITY TWO-bedroom** at 901 Moro. All appliances. Most bills paid. No pets. \$880. 785-341-5414.

### 117

Rent-Condos & Townhouses

**FOR RENT** Five-bedroom, two and a half bath Brittany Ridge Townhome with washer and dryer. \$1150 per month. Available August 1st. 785-250-0388.

### NOW LEASING

**Close to Campus!**  
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1131 Bertrand  
1001 Laramie  
2000 College Heights  
1114 Fremont  
519 Osage  
916 Kearney



**537-9064**  
**www.renthrc.com**

### 120

Rent-Houses & Duplexes

**APM - FOUR-BEDROOM HOUSES.** Great locations. Call 785-539-2300 Ext. 201 **alliancemhk.com**

**FIVE-BEDROOM, THREE-BATH** house for rent in August. Close to campus, laundry facilities included, large great room with off street parking. Call 785-458-2005 or 785-458-8430.

**FOUR-BEDROOM,** two Bath on Hillcrest Dr. June 1st. One year lease, No Pets. Call Jim at 785/820-6433

**SIX-BEDROOM** house, three and one-half baths, two kitchens, two washers/ dryers. Double car garage. Central air-conditioning. Available August 1st. \$2300/ month. 537-7138.

**SIX-BEDROOM,** three bath. Two kitchens. Washer and dryer, parking, close to campus. 785-539-5800. **www.somersetgmtco.com.**

### 125

Sale-Houses

**PROPERTY** FOR sale by sealed bid. 30(+/-) acres. Six miles from Manhattan KS on Highway 24. 6500 sq. ft. home. 67x48 heated Morton building. 70x40 Lester building. roger.frost201@gmail.com. Or call 785-537-8545 for bid packet.

### 135

Sale-Mobile Homes

1994 SKYLINE Sabre 14x75. 3 bedroom, 2 bathroom, remodeled the inside, 8x12 shed with electricity. Call 785-341-8202 leave message for Bonnie.

### 135

Sale-Mobile Homes

**THREE-BEDROOM** two bath, mobile home. Lots of upgrades. Call for more information. 785-410-4787

**WONDERFUL 2003** liberty doublewide mobile home in riverchase community. 3BR/2BA large yard. very well maintained. fast drive to campus 785-317-9062

### 145

Roommate Wanted

**FEMALE ROOMMATES** wanted. Summer; fall/ spring semesters. One block from campus, reserved parking, fully furnished except bedrooms. Large screen TV, laundry, fenced backyard with deck, shared utilities. Rent \$310- 335, (847)651-8303

**ROOMMATES WANTED.** Close to KSU. Washer, dryer, and dishwasher included. Call 785-776-2102 or Text ONLY 785-317-4701. **www.wilksapts.com.**

**TWO MATURE** roommates wanted for furnished three-bedroom house. Prefer upper classmen or graduate students. \$300/ month, utilities paid. Available now, call 785-537-4947

### 300

Employment/Careers

### 310

Help Wanted

**BAKER--CORNERSTONE** Coffee, Jardine Marketplace, is accepting student applications for morning Bakers to work 5a-9a week-days, or 6a-11a on week-ends. Must be able to work 2-3 shifts per week. The successful applicants will have strong attention to detail, a strong work ethic and be able to follow established procedures. Interested persons should apply online at <http://housing.k-state.edu/resources/employment/student-dining/index.html>. AA/EOE

**COOK--JP'S** Sports Grill, Jardine Marketplace, is accepting applications for line/ prep cooks to work 10-20 hours per week. The successful applicants will have a strong work ethic, be attentive to detail, uphold sanitation and cleanliness standards, participate as an active team environment and to work at a fast pace for several hours at a time. Apply online at <http://housing.k-state.edu/resources/employment/student-dining/index.html>. AA/EOE

**COVAN WORLD-Wide** moving is looking for college students for summer work. Excellent opportunity to stay in town for summer. CDL drivers, helpers, and packers wanted. Apply ASAP at 5925 Corporate Dr., Manhattan, LS 66503. Very competitive hourly wages.

**FULL-TIME/ part-time** Stoneworx: Painting Stenciling. Sanding. Flexible schedule. 785-587-0010

### 310

Help Wanted

**PART-TIME LANDSCAPE** maintenance. Summer 16+ hours/wk. \$11/hour. Thursday-Sunday afternoons only possible. Equipment and manual labor requirement. Apply 514 Humboldt, downtown Manhattan.

**SEEKING LEGAL Assistant.** Looking for a quick learner with excellent communication skills, accurately follows instructions. Send cover letter and resume to **konzalaw@gmail.com**

**SO LONG SALOON & TACO LUCHA** are now hiring bartenders and servers. Apply in person at 1130 Moro.

**THE CHEF Cafe** now hiring wait staff, cook, and dishwashers. Apply in person 111 S 4th Street.

**KS STATE Bank** is hiring for two part-time tellers at our Westloop branch. As a teller you will provide services to clients including checkbook balancing and process and verify transactions while providing exemplary service to our clients and your team members. Responsibilities will also include cross-selling bank products and services. One to two years of previous bank or cash handling experience, moderate computer skills and 10-key proficiency is required. You should have strong customer service abilities, good sales and motivational skills, and present a neat, professional appearance. This is a public contact position; candidates should enjoy and be adept at dealing with the public. You will also demonstrate solid time management, organization and communication skills. Visit [ksstatebank.com/jobs](http://ksstatebank.com/jobs) for more information and to apply. No phone calls or fax submissions. EOE.

### Help Wanted

Pool employees; Lifeguards; various summer seasonal jobs; 40-hour seasonal laborers; event staff; Junior Zookeeper Supervisor see: [www.cityofmhc.com](http://www.cityofmhc.com) and then "Jobs"



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for space

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## Pregnancy Testing Center

**539-3338**  
**www.PTCkansas.com**

**Conceptis Sudoku** By Dave Green

		9		5		1	7		
					4		8		5
1					6		3	9	
					3	2			
2	6							5	7
			4	8					
9	2		1						8
8		3		9					
	1	5		7		9			

Difficulty Level ★ 8/29

9	7	3	4	2	5	6	8	1	
6	5	4	3	1	8	2	7	9	
1	8	2	9	6	7	5	3	4	
2	6	7	1	8	9	4	5	3	
8	3	5	6	4	2	9	1	7	
4	1	9	7	5	3	8	2	6	
3	2	1	8	9	4	7	6	5	
5	4	6	2	7	1	3	9	8	
7	9	8	5	3	6	1	4	2	

Difficulty Level ★★★★★

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# Songs that make difference between stress, success during finals week



JAKKI FORESTER  
THE COLLEGIAN

It's that time of year again. Hale Library is overcrowded, departmental libraries have students waiting in lines for computers with certain programs and many seem to look like zombies from

lack of sleep. It's finals week. Whether you're walking out of Hale Library at 2 a.m. to take a night nap for your 7:30 a.m. final, or if you're jamming out during yet another all-nighter, this playlist is perfect for any student looking to find the motivation to finish the semester strong.

## 1. "We are the Champions" by Queen

Finals week takes a lot out of everyone, whether it's their first or last one. But remember, we are the champions of our own education, and we will prevail through this week. Whether or not you got the grade you were hoping

for, you'll end this semester's finals week as a champion simply because you made it through.

## 2. "Eye of the Tiger" by Survivor

You are the eye of tiger. You are rising up to the challenge of your rival-final exams, and you are here to take control; you will be the winner of this fight. It's time to buckle down, find your center and get things done. Get focused, get studying and get things accomplished.

## 3. "Gonna Fly Now" by Bill Conti

Better known as the "Rocky"

theme song, I would be surprised if anyone listened to this and was unable to get pumped up to study for finals. While the imminent dread that comes along with long hours of studying is at the back of everyone's mind, this song could help you re-discover your center and conquer next week as if it was your job. Oh wait ... it is.

## 4. "The Final Countdown" by Europe

Finals week is the final countdown here on campus. This is the last time you have to try to reclaim a fallen grade; to prove that you've learned something, anything this semester. This is

even the last time some students might even be on campus. Summer is just a few short weeks away, but your mind needs to stay here.

## 5. "Firework" by Katy Perry

Yes, you are a firework. Perry's "Firework" can help motivate you to make one final impression on your professors, hopefully in a positive way. If you're .3 percent away from a higher letter grade, here's to hoping your professor takes mercy on you and raises the grade. So "come on and show 'em what you're worth," which is more than that small percent in-

crease. While these are just five songs, they all serve a purpose to keep you focused on what comes at the end of finals week - summer. This is the time to stay motivated, stay focused and go forward while doing the best you can do. These songs could help anyone get and stay focused on what they need to do.

Jakki Forester is a junior in journalism and American ethnic studies. Please send all comments to [edge@kstatecollegian.com](mailto:edge@kstatecollegian.com).



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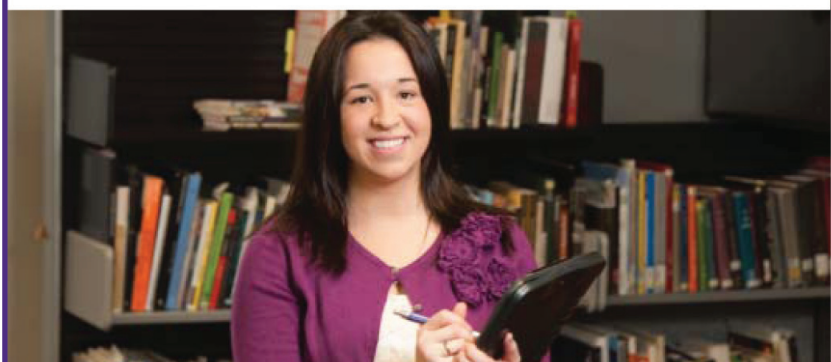
# Accelerated Course Options



## Evening College

Fit more into your schedule with eight-week or 16-week classes held on campus between 5:30 and 10:30 p.m.

Summer 2014 courses begin: June 9, 2014  
Fall 2014 courses begin: Aug. 25 and Oct. 16, 2014

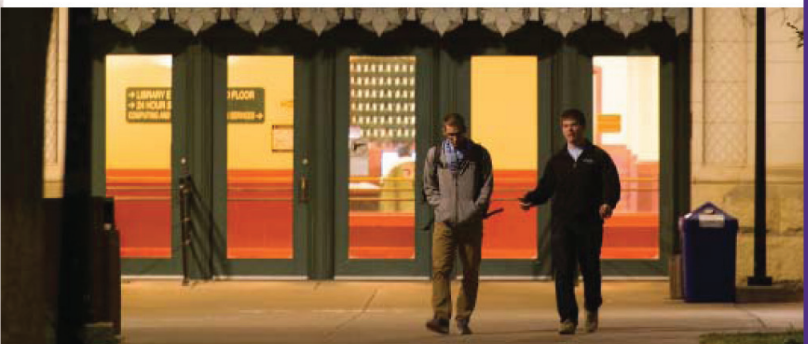


## Intercession

Move ahead in your program with a three-week on-campus or online class between standard university semesters.

May Intercession: May 19-June 6, 2014  
August Intercession: Aug. 4-22, 2014

May/August Intercession is part of the summer 2014 semester.



## Online

Stay on track to finish your degree with online classes offered in accelerated eight-week and regular 16-week schedules.

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ENROLL NOW at: [isis.k-state.edu](http://isis.k-state.edu)

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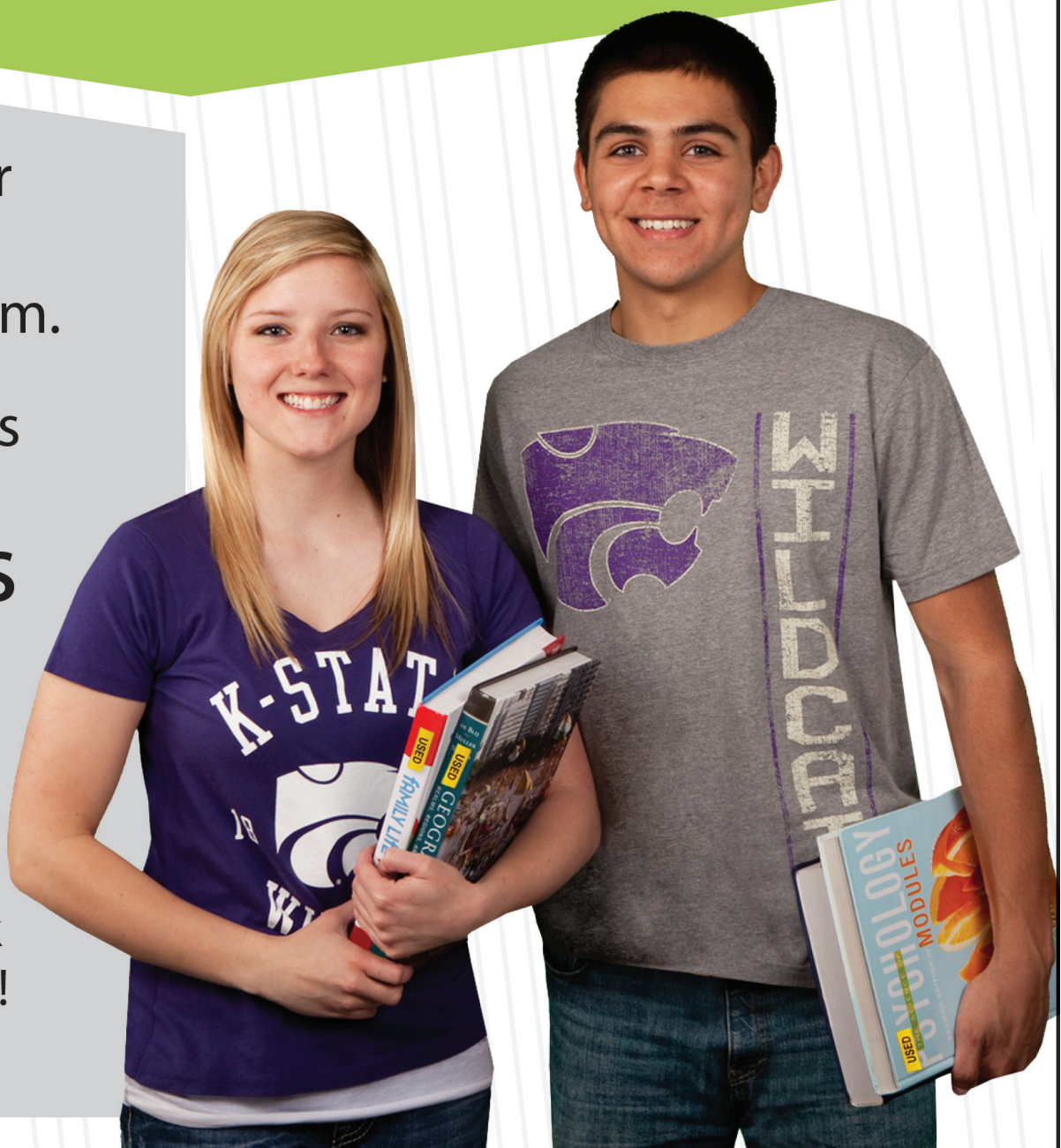
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